

# Healthy Habits for Life.

**E**ach meal should include a variety of foods. A healthy diet includes foods from each food group:

Grains (bread, cereal, rice, pasta – look for “whole grain” on the label), Fruits (if juice, make it 100% fruit juice), Vegetables (vary colors like green and orange), Meat & Beans (poultry, fish, beans, eggs, nuts), and Dairy (low-fat milk, yogurt, and cheese).

Limit added fats and sugars – they contribute unneeded calories to your diet.

## Cut Calories When Dining Out.

It's perfectly okay to go out to eat on occasion. Whether you are picking up fast food or going out for a sit-down dinner, there are ways to cut calories and still enjoy your favorite menu items.

### Simple calorie-cutting tips when dining out include:

- Share your meal with another person or ask for half to be boxed up before you are served.
- Select grilled or baked items instead of fried.

- Select an appetizer as your main dish with a side salad or vegetable.
- Don't supersize your fries or drink!
- Order a regular hamburger instead of a double cheeseburger.
- Choose a healthy-option item if available (most restaurants will have them).
- Supersize your veggies and salads. To limit excess calories coming from dressings, ask for the dressing on the side.
- Order water with a slice of lemon instead of soda.
- Skip the croutons on your salad.

## Physical Activity: Get Up and Move!

Adults need at least 2 hours and 30 minutes of moderate activity per week and children need 60 minutes a day to stay healthy. Find ways to be active as a family. You are setting the example for your children. If they see you enjoying physical activity, they will too. Don't just send your kids outside

to play – go with them. Go for bike rides and walks around the neighborhood together or play catch or tag. Plan vacations to include hiking, biking, and swimming. If your children are interested in sports, be interested with them.

### Other simple activity ideas include:

- Establish a regular time of day for family active time.
- Have birthday parties centered on physical activity, such as relay races, bowling or skating, or host a backyard Olympics.
- Set up a home gym – you can use the stairs, canned foods for weights, etc.
- Limit TV watching and computer games to less than two hours each day.
- Give gifts that encourage activity, such as active games, sporting equipment, or passes to the local athletic center.

